coram Life Education

SCARF

Safety Caring Achievement Resilience Friendship

Activity sheet

Feelings Role-Play scenario sheet

Tell your friend that you're feeling…

- **WORRIED about the maths test tomorrow.**
- **EXCITED about your birthday or a party next week.**
- **NERVOUS about your part in the class assembly next week.**
- **ANGRY about getting into trouble with your teacher for something that you didn't do.**
- **PROUD about scoring the winning goal in last night's match.**
- **SAD about not being able to go on the school trip next term.**

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